



CPBS

CPBS Psychology Services

CPBS Psychology Services' mission is to provide timely and affordable services for a wide range of mental health concerns, using evidence-based practice, to referred clients. As a person-centered organisation, we support individuals seeking psychology services through both the **National Disability Insurance Scheme (NDIS)** and **Medicare Better Access Initiative**.

CPBS Psychology provides both clinical assessment and treatment, engaging with children, adolescents, adults and families presenting with emotional, mental or behavioural concerns. Our service also has a specific focus towards supporting individuals with neuro-developmental disorders, intellectual and psychosocial disabilities.

Our team of highly trained and experienced Psychologists helps individuals who may be **experiencing**:

- Anxiety
- Depression
- Stress
- Grief and Loss
- Social and Emotional Difficulties
- Other Complex Mental Health concerns.



We provide assessment, treatment and intervention services using a variety of **therapeutic approaches**:

- Mindfulness
- Cognitive Behaviour Therapy (CBT)
- Dialectical Behaviour Therapy (DBT)
- Acceptance-Commitment Therapy (ACT),
- Motivational Interviewing (MI),
- Play Therapy & Solution-Focused Brief Therapy (SFBT)
- Multi-Element Behaviour Support (MEBS).

GET IN TOUCH!

For referrals or more information contact us at
1800 800 560 or
hello@cpbs.com.au

